



Family & Consumer SCIENCES Newsletter

August, September, October 2017

ECA STATE COUNCIL MEETING UPDATE

Alleghany County Extension and Community Association (ECA) members received the Gold Award for volunteer hours at the ECA State Meeting banquet in Raleigh on July 17. Alleghany County members turned in 5,307 hours, which benefited the citizens of our community.

Maurene Cote (handmade toys) and Jean Miller (wood working) received blue ribbons at the state cultural arts competition. Congratulations ladies!

Use some of these hot end of summer days to stay in side and start a project or two for next year's cultural arts competition which will be in March.



ECA Fall Countywide Meeting

Have you had phone calls saying you have won the lottery or a trip. People wanting to do home repairs. An email saying some one you know needs money. It is scary to think we can be victims in our own homes.

Come and join us for a very interesting program on "Safety for Seniors" presented by the Alleghany Sheriff's Department on Tuesday, September 19, at "The Barn" at Miller's Camping, 12:00 noon. The meal will include meat, salads, side dishes and desserts, tea, coffee and water.

Laurel Springs ECA has selected the Laurel Springs Volunteer Fire Department as their charity project. The fire department is in the middle of building a project. All contributions are appreciated if any one would like to join in this effort.

The cost for the day is \$10.00. Please call and register by September 12 at [336-372-5597](tel:336-372-5597).

CLEAN IDEAS: END-OF-SUMMER CLEANUP TIPS FOR GETTING THINGS READY FOR STORAGE

Before you get caught up in all the back-to-school activities, spend some end-of-summer time returning items to their best possible state before you store them away. This will prove to be a time saver when you want to use them again next spring.

Musty beach towels: Launder, using the hottest water that's safe for the fabric. Add a small amount of fabric softener to the final rinse. Machine-dry thoroughly.

Sandy sleeping bag: Turn the bag inside out. If the sand is damp, let the bag air out until the sand is dry. Shake the bag to remove as much loose sand as possible; then brush or vacuum away the remaining residue. If the bag is soiled, clean according to the sleeping bag's care label instructions.

Muddy tennis shoes: Let the mud dry completely. Then take the shoes outside and bang the soles together to remove as much of the dried mud as possible. Using a solution of warm water and hand dishwashing liquid and an old toothbrush, scrub gently to remove the remaining dirt. For stubborn dirt marks, scrub with a nylon pad or a magic eraser. Wipe with a damp sponge or damp paper towels. Stuff the tennis shoes with clean paper towels and let them air-dry.

Grungy plastic tablecloths: A wipe-down with a soapy sponge may clean the top of the tablecloth, but not the flannel backing. To clean the whole thing, machine-wash, using the gentle cycle. Machine-dry on the delicate cycle for about 15 minutes. This is just enough time to remove the creases caused by machine washing, but not long enough to harm the vinyl. If the cloth is still damp, line-dry.

Grubby molded-resin outdoor furniture: Clean with a mild detergent and water. Avoid abrasive powders, chlorine bleaches and silicone cleaners.

Soiled outdoor cushions: Acrylic, polyester and cotton fabrics should be spot-cleaned by sponging with a solution of liquid dishwashing detergent and lukewarm water. Rinse with clear water and air-dry.

Dirty plastic pool toys: Mix 3/4 cup of chlorine bleach per gallon of warm water. Soak the prewashed toys for five minutes. Rinse and then air-dry. If the toys aren't used during the winter, store them in a closed container so they'll stay clean and dust-free.

Source: American Cleaning Institute

National Preparedness Month

This September, National Preparedness Month (NPM) will focus on planning, with an overarching theme "Disasters Don't Plan Ahead. You Can."

We can all take action to prepare! We are all able to help first responders in our community by training how to respond during an emergency and what to do when disaster strikes — where we live, work, and visit. The goal of NPM is to increase the overall number of individuals, families, and communities that engage in preparedness actions at home, work, businesses, school, and places of worship.

The 2017 Weekly themes are:

- Week 1: September 1-9; Make a Plan for Yourself, Family and Friends
- Week 2: September 10-16; Plan to Help Your Neighbor and Community
- Week 3: September 17-23; Practice and Build Out Your Plans
- Week 4: September 24-30; Get Involved! Be a Part of Something Larger

For more information on Emergency Preparedness and on how you can plan ahead to be prepared for a disaster, visit <https://www.ready.gov/>





We have heard for years that breakfast is the most important meal of the day and it is true. Take time to fuel your body after sleeping with a delicious breakfast to start your day off right.

Test your breakfast knowledge with the Breakfast quiz and plan ways to incorporate some delicious, nutritious food into your daily morning routine.

Breakfast Quiz:

1. True or False. Children who eat breakfast are more likely to do better in school and have fewer behavior problems.
2. True or False. Eating breakfast improves your overall health and well-being.
3. Why is breakfast the most important meal of the day?
 - A) Breakfast provides your body with energy
 - B) Breakfast keeps you alert
 - C) Breakfast improves your overall health and well-being
 - D) All of the above
4. True or False. Men and women who eat breakfast every day are less likely to be overweight.
5. True or False. It is a good idea to include 3 of the 5 food groups for breakfast.
6. People who start their day with breakfast are found to:
 - A) Eat less fat during the day
 - B) Eat more fiber
 - C) Get more nutrients than people who do not eat breakfast
 - D) All of the above
7. True or False. You should choose cereals high in sugar.
8. What are some ways to make time for breakfast?
 - A) Plan an easy breakfast, like peanut butter and jelly toast.
 - B) Make a "to go" breakfast the night before
 - C) Get up 10 minutes earlier
 - D) All of the above
9. An example of a breakfast food that is healthy and quick is:
 - A) Doughnuts
 - B) Toast with peanut butter
 - C) Sugar coated cereals
 - D) Fried foods
10. The following breakfast example includes foods from which food groups? 1 slice whole-wheat toast with peanut butter, 1 cup milk, and 1 medium banana.
 - A) Grains, Dairy, Protein Foods, and Fruit
 - B) Protein Foods and Vegetable
 - C) Dairy, Grains, and Vegetable
 - D) Fruit, Vegetables, and Grains



1. True, 2. True, 3. D, 4. True, 5. True, 6. D, 7. False, 8. D, 9. B, 10. A

Source: University of Nebraska Lincoln, Nutrition Education Program

National Chicken Month

Chicken plays a big role in North Carolina's economy. Use these tips to make sure you are handling and cooking your chicken safely. There are so many ways to prepare chicken. Try one of these crockpot recipes to make an easy meal for your family. Freeze what you don't use and have it ready for a quick meal another time.

Before You Cook Chicken

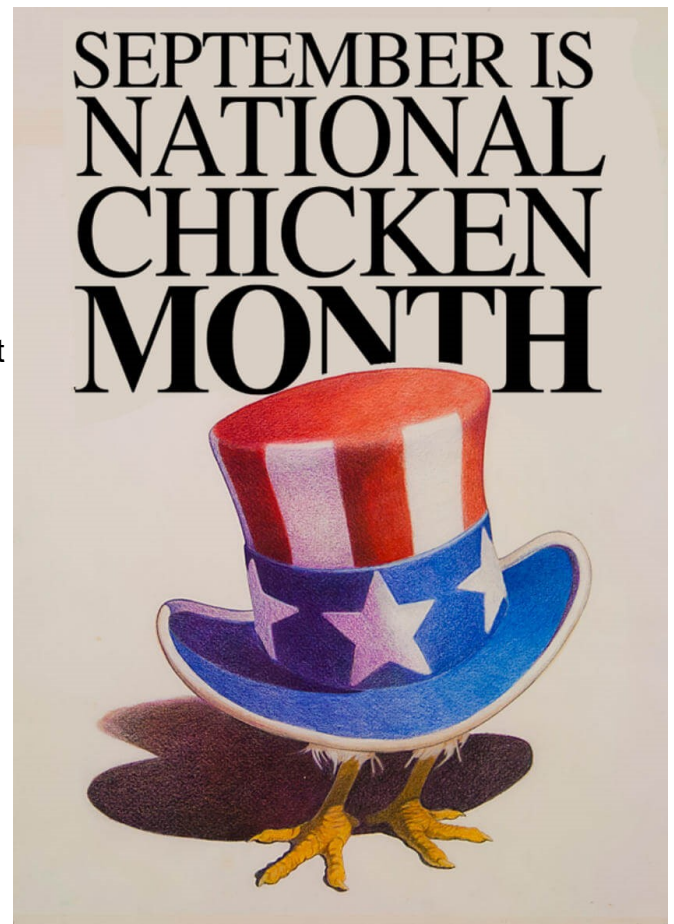
****Refrigerate raw chicken promptly. Never leave it on countertop at room temperature. **Packaged fresh chicken may be refrigerated in original wrappings in the coldest part of the refrigerator.**
****Freeze uncooked chicken if it is not to be used within 2 days. **If properly packaged, frozen chicken will maintain top quality in a home freezer for up to 1 year. **Thaw chicken in the refrigerator or in cold water — not on the countertop. It takes about 24 hours to thaw a 4-pound chicken in the refrigerator. Cut-up parts, 3 to 9 hours. **Chicken may be safely thawed in cold water. Place chicken in its original wrap or water-tight plastic bag in cold water. Change water often. It takes about 2 hours to thaw a whole chicken. **For quick thawing of raw or cooked chicken use the microwave. Thawing time will vary. **Always wash hands, countertops, cutting boards, knives and other utensils used in preparing raw chicken with soapy water before they come in contact with other raw or cooked foods.**

While You're Cooking Chicken

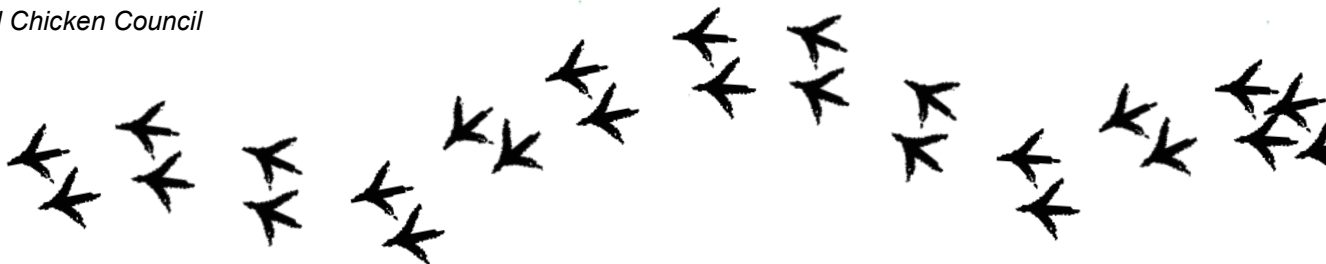
****If chicken is stuffed, remove stuffing to a separate container before refrigerating. **When barbecuing chicken outdoors, keep refrigerated until ready to cook. Do not place cooked chicken on same plate used to transport raw chicken to grill. **Always cook chicken well done, not medium or rare. If using a meat thermometer, the internal temperature should reach 165°F. **To check visually for doneness, pierce chicken with fork; juices should run clear — not pink — when fork is inserted with ease. **Marinade in which raw chicken has been soaking should never be used on cooked chicken.**

After You Cook Chicken

****Cooked, cut-up chicken is at its best refrigerated for no longer than 2 days — whole cooked chicken, an additional day. **If leftovers are to be reheated, cover to retain moisture and to ensure that chicken is heated all the way through. Bring gravies to a rolling boil before serving. **If you're transporting cooked chicken, put it in an insulated container or ice chest until ready to eat. Keep below 40°F or above 140°F.**



Source: National Chicken Council



SLOW COOKER BBQ CHICKEN

2-3 pounds of chicken
Salt and pepper to taste
1 bottle of your favorite BBQ sauce

1. Season chicken with salt and pepper.
2. Place chicken in an single layer in the crock of slow cooker.
3. Pour BBQ sauce over top of chicken.
4. Cover and cook on low for 4-6 hours

Helpful hints: *Use a slow cooker liner for easy clean up. *If you like your chicken shredded, use an electric mixer to make this task easy - when chicken is cooked, place in a large pot or bowl and use mixer to shred to desired texture.

I took a slow cooker of BBQ shredded chicken with slider buns to a family reunion and it was a hit. Cole slaw and dill pickles make it even better.

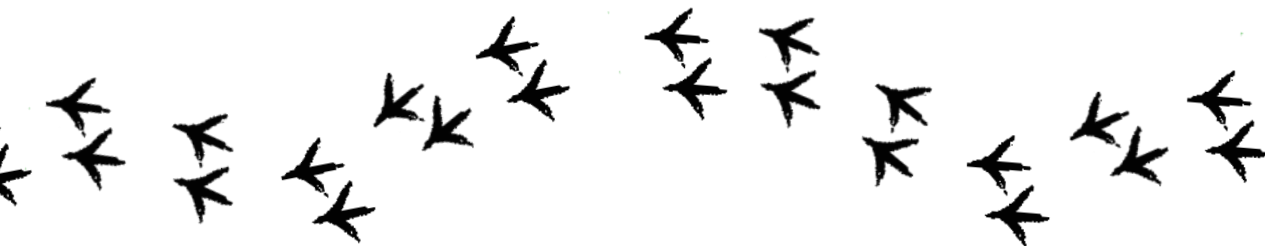


SLOW-COOKER SHREDDED MEXICAN CHICKEN

2-3 lbs boneless skinless chicken
1 pkg. taco seasoning mix or 3 tbsp. of homemade taco seasoning
1 jar (24 oz) salsa

1. In 4- to 5-quart slow cooker, toss chicken with half of the taco seasoning mix to coat evenly.
2. Top chicken with salsa. Stir until well combined. Cover; cook on Low heat setting 4 to 4 1/2 hours or until chicken is tender.
3. Remove chicken from slow cooker to bowl. Shred chicken with 2 forks or a hand mixer. Return shredded chicken to slow cooker along with remaining taco seasoning mix. Cover; cook on Low heat setting 30 minutes longer. Serve warm

This works great for tacos, taco salad, quesadillas, nachos or any other Mexican favorite dish.



WHOLE GRAINS MONTH

September is also Whole Grains Month. Try the recipe for Banana Oatmeal Pancakes, a delicious alternative to traditional pancakes which includes whole grain old fashioned rolled oats. This recipe is a great way to use bananas whose peels have started to brown; the riper the banana, the easier to mash and the more flavor they will give the pancakes! Top with peanut butter or chopped nuts for some added protein.

Serves 2

Serving Size: 3 pancakes

Prep time: 5 minutes

Cook time: 20 minutes

Total Time: 25 minutes

Ingredients:

2 eggs, beaten	¼ teaspoon vanilla extract
2 bananas, mashed	⅛ teaspoon cinnamon
½ cup of old fashioned rolled oats, uncooked	½ teaspoon olive oil
½ tablespoon sugar (optional)	½ cup fresh or frozen fruit of your choice (optional)
½ teaspoon baking powder	

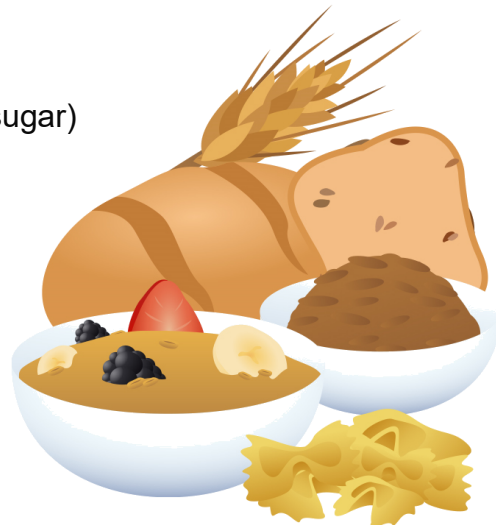
Directions:

1. In a medium bowl, combine eggs, bananas, rolled oats, sugar (optional), baking powder, vanilla extract, and cinnamon. Batter should be cohesive and without lumps.
2. Heat olive oil in medium skillet on medium-low heat. Once heated, spoon ¼ cup portions of the batter onto skillet and cook until golden brown on both sides (about 4 minutes on each side). Heat fruit in small skillet until warm, stirring occasionally. Serve over pancakes. You can also serve pancakes with chopped nuts or peanut butter on top.

Nutrition Information per Serving:

(Based on ½ cup frozen mixed fruit and ½ tablespoon sugar)

- Serving Size: 3 pancakes
- Vegetables: 0 cups
- Fruits: 1¼ cups
- Calories: 306 calories
- Carbohydrates: 51 grams
- Fiber: 6 grams
- Protein: 10 grams
- Fat: 9 grams
- Sodium: 312 mg



NATIONAL WHOLE GRAINS MONTH

Diabetes Today

12:00 pm - 1:00 pm

Alleghany Wellness Center

May 2, 2017 - Cooking with Fresh Herbs

June 6, 2017 - Dairy Delicious

July 11, 2017 - Berry Fun

August 1, 2017 - Farmers Market Finds

September 5, 2017 - Build a Better Breakfast

October 3, 2017 - Apple of My Eye

November 7, 2017 - Diabetes Awareness Month

December 5, 2017 - Happy Healthy Holidays



Join us for free food samples, delicious recipes and helpful information about diabetes and your daily life.

These are FREE workshops, but you must reserve your spot
RSVP to Alleghany Cooperative Extension 336-372-5597



Farm to Table Educational Series

Join us at the Alleghany Wellness Center on Wednesday, September 27th from 11 am until 1 pm for an educational opportunity to learn about the Alleghany Local Food Initiative. You will have an opportunity to meet local producers and purchase local products while enjoying heavy hors d'oeuvres.

It is FREE to attend, but spaces are limited and you MUST have a ticket. Tickets are available at the Cooperative Extension Office and the Alleghany Farmers Market. For more information, contact 336-372-5597.



Sincerely,
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